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less to add that the nurses accept night duty with less protest, and finish their period of night work looking more rested and better fed. We have noticed, too, that they are better able to resist colds and infections than they were under the former plan.

Much interest in the "night cafeteria" has been aroused, not only among the other nurses, who eagerly await their turn to go on night duty and join the "lunch line," but among the employees and even the patients in the hospital. Visitors from other hospitals and training schools have also shown a great deal of interest, declaring that it is a plan that might well be adopted by their institution as a satisfactory way to serve the night nurses' supper.

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#### BRAN BISCUITS FOR CONSTIPATION

Bran,  $3\frac{1}{2}$  ounces

Agar, 90 grains, or  $\frac{1}{8}$  ounce

Eggs, 2

Salt to taste

Put the agar into a small dish with a cup of water. Boil until dissolved. While this is boiling hot, the bran, which should be warm, is beaten into it to make a rather thick batter. Add the eggs, beaten as light as possible, also a little sugar, if desired, and the salt. The mixture is then poured in gem pans and baked. Chocolate or other flavoring may be used.